

# The Wellstreet Journal

Vol. 10

Los Alamos National Laboratory

August 1998

Wellness Center and Positive Health Directions

**Walk a Lifetime** is more than just the theme for this September's Walking Month program. New studies show that walking goes a long way toward preserving health.

In a Honolulu Heart Program study, for each daily mile walked by elderly men, the risk of dying was reduced by 19% in the 12-year study. In another study conducted by Finnish doctors on same-sex twins, people who reported exercising at an intensity corresponding to brisk walking at least six times a month had a 43% lower death rate than occasional exercisers.

Walking also benefits your heart, according to the National Heart, Lung and Blood Institute's (NHLBI) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. Every September during **National Cholesterol Education Month** the NHLBI encourages people to become more aware of the benefits of lowering high blood cholesterol. In the Adult Treatment Panel's Second Report, exercise is identified as an extremely important element of therapy for high blood cholesterol. "(It) not only promotes the reduction of cholesterol levels but has other benefits, i.e., reducing triglycerides, raising HDL-cholesterol, reducing blood pressure, and decreasing the risk for diabetes mellitus."

## Taking action

- ☛ Get involved with the Wellness Center's Walking Month program. Plan to energize your walking program or start a new one, and receive special prizes for your efforts. **COORDINATORS NEEDED!** Contact Gail Fox ([gfox@lanl.gov](mailto:gfox@lanl.gov) or 7-7166) for more information or to volunteer.
- ☛ Three ways to keep tabs on your cholesterol: check with your physician, come to the community Health Fair screening on October 17, or make a Health Check appointment. *All members of this year's Walking Month team event have an opportunity to complete Health Check, since at least 25% of the team (5 of 20) are asked to complete the health risk assessment.* Contact your Walking Month Coordinator or Jessica Kisiel at 5-4368 for more information.
- ☛ Register for a class in cholesterol management, blood pressure, smoking cessation, or stress offered through ESH-2. New Mexican Dining for a Healthy Heart is one of many favorites!

## Wellstreet Food Court



It's back-to-school time, and the American Dietetic Association offers helpful tips on breakfast, lunches & snacks at <http://www.eatright.org/nufactsheet.html> "Breakfast + Kids = Better School Performance!"

### Wacky Waffle Stacks!

**3 round frozen toaster waffles**

**1/4 cup plain or strawberry-flavored soft cream cheese**

**1 1/2 tablespoons strawberry preserves or fruit spread**

**1 medium banana, sliced, or 6 strawberries, sliced**

**4 whole strawberries, if desired for garnish**

**Toast waffles according to package directions. Place 1 waffle on plate. Spread with 2 tablespoons cream cheese and one-half of the preserves. Arrange one-half of the sliced fruit on top. Top with another waffle; repeat layers with remaining ingredients. Top with remaining waffle. Cut waffle stack into quarters. Garnish each quarter with one whole strawberry. Serve immediately. Serves two.** *National Dairy Council*

## Wellness Quest Update

Join the nearly 200 other Questers in a free, yearlong program designed to help you become more aware of the benefits of total well being. You can register anytime by contacting Gina Koehler or Sue Bachmeier via e-mail or phone, [glkoehler@lanl.gov](mailto:glkoehler@lanl.gov) [smbachmeier@lanl.gov](mailto:smbachmeier@lanl.gov) or 7-7166.

## Stress Buster

The return to school often means change and readjustment in family schedules, mealtimes, etc. Ease the transition by making a point to "stretch out summer" with a backyard picnic (on paper plates - no dishes!) or a family hike after work and school.

## Health Happenings Calendar

### August

#### **Self-Care Month**

- ✓ Check that you and your family are current with medical appointments, screenings and immunizations.
- ✓ The "Take Care of Yourself" book contains prevention recommendations (pages 20-28) and provides a place to keep track of your family medical records (pages 349-354).
- ✓ To receive your book, sign up for Health Check (a health risk assessment) or obtain information on Health Connection (the Mayo nurse line), stop by the Positive Health Direction's information booth Monday August 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> at the Otowi cafeteria lobby between 11:30AM and 1:30PM.



### September

**Walking Month** and **National Cholesterol Education Month**. See feature article.

### October

**National Adult Immunization Week** 11-17  
**ESH-2 Flu Clinics**: For more information call 5-7265.

**Community Health Fair**: Saturday the 17<sup>th</sup> at Griffith Gym.

**Breast Cancer Awareness Month**

### November

**National Diabetes Month**: Watch for upcoming announcements on diabetes screening and education.

### On-Going

Kids don't have to be the only ones enrolling in new classes this fall. The **Wellness Center** has room in ongoing and specialty classes, such as:

- Easy Does It, a fun, upbeat level I aerobic class that meets Tue. & Thur. from 11:05-11:50AM.
- Blueprint to Wellness (after 50) will help you put health theories into practice. Three weeks, beginning Sep 23 from 5:30-7:00PM.

Registration forms and class brochures are available at the Wellness Center, Otowi lobby or online.

## Nominations for Healthy Living

*Nomination from Stevie Strottman, STB-DSTBP*  
I hereby nominate **Socorro Mondragon**, T-DO. "Her example of healthy living is contagious!" Socorro is certified through the American College of Sports

Medicine (ACSM) as a Health Fitness Instructor. She achieved this much sought-after certification through her diligent pursuit of both formal education and practical, applied training. The dedication it took to continue with her studies while being one of the head administrators for T Division was remarkable and has inspired many others.

Socorro has committed herself to continue to grow and to teach others how to improve their health and quality of life.

## Employees rate Health Connection as a valuable addition to their benefits package!

Mayo Management Services Inc. conducted a telephone survey of 105 LANL households which had used the nurse triage advice and information hot line between March 1 and May 31, 1998. Ninety-five percent of the employees rated Health Connection as a valuable addition to their benefits package, 66 percent found the service excellent, 22 percent said it was very good, and 7 percent rated the service as good. Additional questions asked employees to describe the speed in which their call was answered, courtesy of the nurse, clarity of information received, and how the service could be improved. For more information please refer to the August 6<sup>th</sup> Newsbulletin article at

<http://www.lanl.gov/projects/PA/News/080698text.html#anchor1595614>. A complete listing of results is available on the Positive Health Directions homepage by first clicking on "Health Connection" followed by opening "June 1998 Survey Results" at [http://www.hr.lanl.gov/html/positive\\_health/health\\_connection.html](http://www.hr.lanl.gov/html/positive_health/health_connection.html) online (Adobe Acrobat reader required).

The Wellstreet Journal is a quarterly publication of Positive Health Directions (ESH-2 & HR-1) and the Wellness Center (ESH-2). Comments can be sent to [wj@lanl.gov](mailto:wj@lanl.gov) or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368.

Positive Health Directions

[http://www.hr.lanl.gov/html/positive\\_health/](http://www.hr.lanl.gov/html/positive_health/)  
Wellness Center <http://drambuie.lanl.gov/~wellness>

